



Official Logistics Partner



# 2023 DHL South African Lifesaving Championships

Venue: King's Beach, Gqeberha

Dates: Thursday 30<sup>th</sup> March to Saturday 1<sup>st</sup> April, 2023

## SENIOR MEN SURF CHAMPIONSHIPS PROGRAMME

### OPENING CEREMONY OF THE 2023 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 30<sup>TH</sup> MARCH, 2023 AT 08h00 AT KING'S BEACH

**BRIEFINGS:** **Team Managers** briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Thursday 30<sup>th</sup> March 07h00 in King's Beach Clubhouse

**Technical Officials** briefing by Chief Referee (Compulsory Attendance for all TO's) – Wednesday 29<sup>th</sup> March 16h00 in King's Beach Clubhouse

SENIOR MEN ARENA								
<b>THURSDAY: 30<sup>th</sup> MARCH</b> Low Tide: 03h33; High Tide: 11h00; Low Tide: 18h14 Sunrise: 06h28; Sunset: 18h15			<b>FRIDAY: 31<sup>st</sup> MARCH</b> High Tide: 00h39; Low Tide: 07h22; High Tide: 13h00; Low Tide: 19h22 Sunrise: 06h28; Sunset: 18h14			<b>SATURDAY: 1<sup>st</sup> April</b> High Tide: 01h34; Low Tide: 07h57; High Tide: 13h46; Low Tide: 19h54 Sunrise: 06h29; Sunset: 18h13		
TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F
06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse	
07h00	Team Managers brief by Chief Referee in King's Beach Club House		07h00	Team Managers briefing by Sectional Referee in arena		07h00	Team Managers briefing by Sectional Referee in arena	
08h00	<b>Opening Ceremony</b>		07h15	Technical Officials briefing by Sectional Referee in arena		07h15	Technical Officials briefing by Sectional Referee in arena	
09h00	Marshalling Commences		07h30	Marshalling commences		07h30	Marshalling commences	
09h30	Championship commences		08h00	Championship commences		08h00	Championship commences	
Beach Sprint		H/SF	Single Ski Relay		H	Board Race		H/SF
Board Rescue		H/SF	Beach Relay		H/SF	Beach Flags		H/SF
Rescue Tube Rescue Race		H/SF	Single Ski		H/SF	Board Relay		H/SF
Run/Swim/Run		H	Surf Swim		H/SF	Taplin Relay		H/SF
Board Rescue		F	Iron Man		H	Double Ski		H/SF
Rescue Tube Rescue Race (4 persons)		F	Single Ski Relay		F	Board Race		F
Beach Sprint		F	Surf Swim		F	Double Ski		F
Run/Swim/Run		F	Beach Relay		F	Beach Flags		F
Beach Run		F	Single Ski		F	Board Relay		F
			Iron Man		F	Taplin Relay		F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>		



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**JUNIOR MEN SURF CHAMPIONSHIPS PROGRAMME**

**OPENING CEREMONY OF THE 2023 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 30<sup>TH</sup> MARCH, 2023 AT 08h00 AT KING'S BEACH**

**BRIEFINGS: Team Managers** briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Thursday 30<sup>th</sup> March 07h00 in King's Beach Clubhouse

**Technical Officials** briefing by Chief Referee (Compulsory Attendance for all TO's) – Wednesday 29<sup>th</sup> March 16h00 in King's Beach Clubhouse

**JUNIOR MEN ARENA (U/15, U/17 & U/19)**

THURSDAY: 30 <sup>th</sup> MARCH			FRIDAY: 31 <sup>st</sup> MARCH			SATURDAY: 1 <sup>st</sup> April		
Low Tide: 03h33; High Tide: 11h00; Low Tide: 18h14 Sunrise: 06h28; Sunset: 18h15			High Tide: 00h39; Low Tide: 07h22; High Tide: 13h00; Low Tide: 19h22 Sunrise: 06h28; Sunset: 18h14			High Tide: 01h34; Low Tide: 07h57; High Tide: 13h46; Low Tide: 19h54 Sunrise: 06h29; Sunset: 18h13		
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09h00	Marshalling Commences		07h30	Marshalling commences		07h30	Marshalling commences	
09h15	Championship commences		08h00	Championship commences		08h00	Championship commences	
Board Race: U/19, U/17, U/15		H/SF	Beach Flags: U/19, U/17, U/15		H/SF	Beach Sprint: U/19, U/17, U/15		H/SF
Run/Swim/Run: U/19, U/17, U/15		H/SF	Rescue Tube Rescue		H/SF	Single Ski: U/19, U/17, U/15		H/SF
Board Relay		H/SF	Surf Swim: U/19, U/17, U/15		H/SF	Beach Relay		H/SF
Double Ski		H/SF	Board Rescue		H/SF	Single Ski Relay		H
Taplin Relay		H/SF	Surf Swim: U/19, U/17, U/15		F	Iron Man: U/19, U/17, U/15		H
Board Race: U/19, U/17, U/15		F	Rescue Tube Rescue (4 persons)		F	Single Ski: U/19, U/17, U/15		F
Run/Swim/Run: U/19, U/17, U/15		F	Board Rescue		F	Beach Relay		F
Board Relay		F	Beach Flags: U/19, U/17, U/15		F	Single Ski Relay		F
Double Ski		F	Beach Run: U/19, U/17, U/15		F	Iron Man: U/19, U/17, U/15		F
Taplin Relay		F	<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			Beach Sprint: U/19, U/17, U/15		F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>						<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>		
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>						<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>		



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## 2023 DHL South African Lifesaving Championships

Venue: King's Beach, Gqeberha

Dates: Thursday 30<sup>th</sup> March to Saturday 1<sup>st</sup> April, 2023

### JUNIOR AND SENIOR WOMEN SURF CHAMPIONSHIPS PROGRAMME

#### OPENING CEREMONY OF THE 2023 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 30<sup>TH</sup> MARCH, 2023 AT 08h00 AT KING'S BEACH

**BRIEFINGS:** **Team Managers** briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Thursday 30<sup>th</sup> March 07h00 in King's Beach Clubhouse

**Technical Officials** briefing by Chief Referee (Compulsory Attendance for all TO's) – Wednesday 29<sup>th</sup> March 16h00 in King's Beach Clubhouse

#### JUNIOR & SENIOR WOMEN ARENA (OPEN, U/15, U/17 & U/19)

THURSDAY: 30 <sup>th</sup> MARCH			FRIDAY: 31 <sup>st</sup> MARCH			SATURDAY: 1 <sup>st</sup> April		
Low Tide: 03h33; High Tide: 11h00; Low Tide: 18h14 Sunrise: 06h28; Sunset: 18h15			High Tide: 00h39; Low Tide: 07h22; High Tide: 13h00; Low Tide: 19h22 Sunrise: 06h28; Sunset: 18h14			High Tide: 01h34; Low Tide: 07h57; High Tide: 13h46; Low Tide: 19h54 Sunrise: 06h29; Sunset: 18h13		
TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F
06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse	
07h00	Team Managers brief by Chief Referee in King's Beach Club House		07h00	Team Managers briefing by Sectional Referee in arena		07h00	Team Managers briefing by Sectional Referee in arena	
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09h00	Marshalling Commences		07h30	Marshalling commences		07h30	Marshalling commences	
09h15	Championship commences		08h00	Championship commences		08h00	Championship commences	
Beach Flags: Open, U/19, U/17, U/15		H/SF	Beach Sprint: Open, U/19, U/17, U/15		H/SF	Surf Swim: Open, U/19, U/17, U/15		H
Single Ski: Open, U/19, U/17, U/15		H/SF	Double Ski: Open & Junior		H/SF	Taplin: Open & Junior		H
Beach Relay: Open & Junior		H/SF	Board Relay: Open & Junior		H/SF	Board Rescue: Open & Junior		H/SF
Ironwoman: Open, U/19, U/17, U/15		H/SF	Run/Swim/Run: Open, U/19, U/17, U/15		H/SF	Rescue Tube Rescue: Open & Junior		H/SF
Single Ski Relay: Open & Junior		H	Board Race: Open, U/19, U/17, U/15		H/SF	Beach Run: Open, U/19, U/17, U/15		F
Beach Relay: Open & Junior		F	Double Ski: Open & Junior		F	Board Rescue : Open & Junior		F
Single Ski: Open, U/19, U/17, U/15		F	Board Relay: Open & Junior		F	Rescue Tube Rescue: Open & Junior		F
Beach Flags: Open, U/19, U/17, U/15		F	Run/Swim/Run: Open, U/19, U/17, U/15		F	Surf Swim: Open, U/19, U/17, U/15		F
Single Ski Relay: Open & Junior		F	Board Race: Open, U/19, U/17, U/15		F	Taplin: Open & Junior		F
Ironwoman: Open, U/19, U/17, U/15		F	Beach Sprint: Open, U/19, U/17, U/15		F	<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>		
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>					

- Notes**
- The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation.
  - Three competitors or teams must register to constitute an event, if 2 or less register, the event will **not** be held.
  - The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
  - Open Ladies Finals may be slotted into this programme as and when required or determined by the Chief Referee & relevant Sectional Referees.
  - The competition rules, a set out in the Competition Manual (17<sup>th</sup> Edition of November, 2022) will be applied at the 2023 DHL South African Lifesaving Senior and Junior Surf Championships.
  - A withdrawal fine per competitor per event will be charged if the competitor or team is a “no show” for an event on the day of the competition.